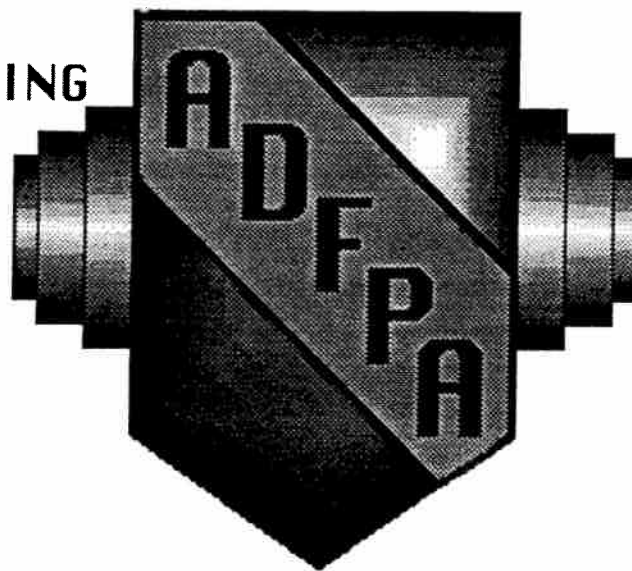


WISCONSIN POWERLIFTING

NEWS LETTER

JANUARY 1996



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1996 Schedule

Mar. 9th	ADFP State High School Meet Bruce Sullivan Racine Horlick High School 2119 Rapids Drive Racine, WI 53404	414-635-7500
Mar. 23-24	Collegiate National Johnny Graham 1706 Shoe-maker Dr. Killeen, TX 76543	815-526-0779
Mar. 30-31	High School National Dennis Brady 5920 N. Ridge Chicago, Il 60660	312-561-9692
April 20-21	Women's National Bob Gaynor 19 Sunrise Drive Mountaintop, PA 18707	717-474-6111
April 27	State Meet Tom Gregor La Crosse YMCA	608-782-9622
June 2-3	Viking Dennis Brady 5920 N. Ridge Chicago, Il 60660	312-561-9692
June 15-16	Men's National Michael Cissell 15 Lakeside Dr. Lake St. Louis, MO 63367	314-625-1225
July 13-14	Teenage & Junior National James Hart Lincoln, NE 68524	402-470-3672

1995 High Lights on Wisconsin Lifting

The following is a list of lifters that competed in National and International competition. Over the past year there has been a number of State and American records broken. These will be included in a future newsletters.

National High School

April 23-24

Des Moines, Iowa

Gena Nitecki 129 lb	220.5 - 126.7 - 281.7 - 628.3	First Place
JJ. Zwiers 148 lb	462.7 - 264.5 - 451.7 - 1179.5	First Place
Brian Salentine 148lb	418 - 275.5 - 473.7 - 1168.5	Second Place
John Walter 165 lb	473.7 - 314.2 - 529 - 1317.2	First Place

Teenage and Junior National July 9-10

Sharon, PA

Sandra Tschumperlin 116 lb Junior	265.5 - 148.7 - 292 - 705.2	First Place
John Walters 165 lb 16-17	479.5 - 308.5 - 485 - 1273.2	First Place
Jacob Dhein 181 lb 16-17	501 - 291 - 451.7 - 1245.5	First Place
Jacob Wolter 165 lb 18-19	496 - 336.2 - 468.5 - 1300.7	Second Place

Men's National July 16-17

Mountaintop, PA

Miguel Castro 132 lb
352.7 - 253.5 - 562.2 - 1168.4 5th place

Shawn Cain 220 lb
677.9 - 435.4 - 710.9 - 1824.5 3rd place

World Teenage, Junior August 1995 Horshume, England

Sandra Tschumperlin 116 lb Junior
270 - 88 - 297.5 - 655.5 First Place

John Walters 165 lb 16-17
473.7 - 308.5 - 485 - 1289.2 First Place

Jacob Dhein 181 lb 16-17
440.7 - 275.5 - 485 - 1201.2 First Place

Jacob Wolter 165 lb 18-19
479.5 - 297.5 - 512.5 - 1289.5 Second Place

Bold face World Records

American Records

World Championships October 27-29 Horshume, England

Sue Razor Sullivan won the Worlds in the 111 lb weight class. Sue set American masters records in the squat and dead at 111lb in January, 1995 at the Badger Open with 285-165-321-771 total. She then competed in the **Women's Nationals in May** and placed second. Sue became a member of the worlds team when the first place winner was unable to attend.

Men's Master Nationals November 11 Denver, Co.

Jack Twet, Jim Miller, and Jim Krueger attended the Master's Nationals and did rather well. In fact quite well! **Jim Krueger took first place** in 165 lb. class, 50 to 54 age group. With lifts of 462 squat, 242.5 bench, and 451 deadlift for a 1111 lb total. All Wisconsin master records. **Jim Miller also took first place** in the 242lb class 45 to 49 age group. Jim set all the Wisconsin masters records

600.7 - 413.2 - 611.7 - 1625.8.

Jack Twet placed second in the 275 lb 60-64 age group with 350-303-468-1111. Jack set the squat and total record for Wisconsin master records.

Power Profile

Over the past few months I have received several Power Profiles. They will be printed in the order received.

Power Profile 20 year old Jacob Wolter

1. Tell us a little bit about yourself.

(family, work, school, hobbies etc.) I'm a powerlifter from Appleton with a great family that follows my lifting career. My parents and sister, uncles, ants, Grump and Gamma come to almost all of my meets. It's great to have them behind me. I work full time at Metal Products and part time for my Dad at JMW Transfer. Some of my hobbies are fishing, hunting, and powerlifting.

2. How long have you been a powerlifter ?
I have been powerlifting for the past 4 years.

3. Does your High School have an organized powerlifting program ?
No, but we are trying to get one started.

4. How did you learn about the ADFPA ?
Through my coach Dave Adamovich when I got out of High School.

5. How did you get started in the sport of powerlifting ?
I got started when my cousin was powerlifting on the Kimberly High School team. I went to a meet and watched him and thought it would be a neat sport to try. Plus I wanted to get in shape for football.

6. Where do you work out and with whom ?
I work out at Club J & T in Appleton. I lift with my coach Dave Adamovich, Andy Beach, and my cousin David Wolter.

7. Were you ever, or are you now involved in any other competitive sports?
I was involved with football since Jr. High and through High School. I then started powerlifting to get in shape for football.

8. What are your best lifts? What records do you hold? My best lifts are, 510 squat, 336 bench, 530 deadlift for a 1365 total. I hold State teenage records in the bench, deadlift and the total. I also hold the world record in the squat at 479.5 in the 165 lb class 18-19 age group.

Jacob Wolter

9. What is the basic outline of your training ? How many workout days a week and what do you do on those days ?

I usually work out 4 to 5 days a week. On Monday heavy bench, chest and triceps. Tuesday I do heavy squat, legs and biceps. Wednesday I deadlift, back and shoulders. Thursday light bench, chest and triceps. Friday light squat, legs and biceps.

10. How many contests do you compete in during the year, and how long are your training cycles ?

I do about 3 to 4 meets a year, with cycles of 9 to 12 weeks.

11. Have you had any difficulties to overcome to train for competition ?

I haven't had any difficulties recently.

12. Do you have anyone that you would like to thank for helping you along the way ?

I would really like to thank my parents who have been very supportive through everything. They go to all of my meets and help when they can. I would also like to thank Dave Adamovich and Andy Beach for all the help they have given me over the years. Last but not least I would like to thank my sister, uncles, aunts, grandma Grandpa, cousins, and friends for all the support they have given me.

13. What are your goals OTHER THAN powerlifting ?

Some of my other goals are to start working for my Dad and help him with his business. Also I would like to get some of my cousins and friends into powerlifting.

14. Is there any other comments that you would like to make ?

Thank you to Wisconsin meet directors and the ADFPA for having such good competition so that we can show what we can do.

Next newsletter I will have the results of the State High School meet and the High School National meet as well as one or two more Power Profiles. The next three Power Profiles in line are John Walters, Sarah Schelfout, and Shanda Tschumperlin.

If you would care to make a donation toward the cost of the newsletter please send it to

Bruce Sullivan
1545 4 1/2 Mile Road
Racine, WI 53402

Referee Clinic

February 1996

Contact : Bruce Sullivan
1545 4 1/2 Mile Rd.
Racine WI. 53402
414-639-3210

Thank you **Robert Crawford** for your generous contribution !

The 4th annual Badger Open was run by Tonya and Dave Dilley. This was their first meet as directors and they

would like to extend special thanks to all those who helped !

BADGER OPEN

Held January 20, 1996 in Racine, Wisconsin Meet directors - Tonya & Dave Dille

	NAME	DIVISION	SQUAT	BENCH	DEAD.	TOTAL	PLACE
Women	Places in each women's division determined by Malone Formula						
	Shanda Tschumperlin	OPEN	290	165	315	770	1st OPEN
	Sandra Davis	OPEN/MASTER	300	200	300	800	2nd OPEN
	Sue Sullivan	OPEN/MASTER	270	155	280	705	1st Mast/3rd O.
teen records 176	Tanya Frederick	OPEN/TEEN	325	175	340*	840*	1st TEEN
	Gemma Gahan	TEEN	250	110	270	630	2nd TEEN
teen record UNL	Lisa Kiriaki	OPEN/TEEN	330	155	300	805	3rd TEEN
	Jenny Wanserski	TEEN	225	100	240	565	
teen records 104	Niky Metsa	OPEN/TEEN	150	70*	185*	405*	
MEN	Master's Div. determined by formula and age coefficient						
148	Doug McCabe	OPEN	415	260	425	1100	1st OPEN
	John Haschker	OPEN	355	205	450	1010	2nd OPEN
	Pat McCormack	OPEN	285	230	415	930	3rd OPEN
	Brian Salatine	TEEN	430	275	460	1165	1st TEEN
	Jeremy Jeske	TEEN	360	245	440	1045	2nd TEEN
	Bobby Kertscher	TEEN	380	235	415	1030	3rd TEEN
165	Ray Hollnagel	OPEN	510	270	520	1300	1st OPEN
	Mike Beck	OPEN	335	270	395	1000	2nd OPEN
	John Wink	OPEN	360	235	380	960	3rd OPEN
	Andy Hand	TEEN	405	250	440	1095	1st TEEN
	John Baldwin	TEEN	355	190	405	950	2nd TEEN
181	John Walters*	OPEN/TEEN	500	330	570	1400	1st T./1st OPEN
	*John W. won the best lifter award for the teenage div.						
	Gregg Zangl	OPEN	460	400	525	1385	2nd OPEN
	John Schields	OPEN	550	315	510	1375	3rd OPEN
	Jim Krueger	OPEN/MASTER	485	245	460	1190	1st MAST.
	Felix Padron	OPEN	400	300	450	1150	3rd MAST.
	Jim Martinich	OPEN/MASTER	460	290	525	1275	
	Ed Piwonski	MASTER	365	320	515	1200	
	Anthony Williams	OPEN	365	320	515	1200	
	Gary Meerschaert	OPEN	365	275	425	1065	
198	Steve Schaefer	OPEN	565	370	550	1485	1st OPEN
Mast. 45-49 record	Bruce Sullivan	OPEN/MASTER	440	320	520	1280	2nd O&Mast.
	Job Hou-Seye	OPEN	400	275	415	1090	3rd OPEN
	Dan Gahan	OPEN	375	260	450	1085	
	Dan Wiktorek	OPEN	400	260	420	1080	
	Tony Schrank	TEEN	365	215	450	1030	1st TEEN
	Brian Payne	TEEN	400	175	425	1000	2nd TEEN
220	Marty Becker*	OPEN	660	380	600	1640	1st OPEN
	*Marty won the award for Best Lifter of the Men's Div.						
	Bob Tupper	OPEN	530	360	640	1530	2nd OPEN
	Jason Conrad	TEEN	415	220	515	1150	1st TEEN
	Cal Cornelius	MASTER	405	335	450	1190	
242	Gary Eckenrod	OPEN/MASTER	505	380	600	1485	1st OPEN
	Mark Becker	OPEN	450	315	650	1415	2nd OPEN
	Steve Zahn	OPEN	460	390	500	1350	3rd OPEN
	Milton Shimek	MASTER	550	270	500	1320	
	Mike Hartle	OPEN	145	420	600	1165	
275	Kevin Weyrough	OPEN	575	390	600	1565	1st OPEN
	Pete Robbins	OPEN	565	355	600	1520	2nd OPEN
	Chuck Wanserski	OPEN	470	350	545	1365	3rd OPEN
	R.J. Horton	TEEN/OPEN	350	300	525	1175	1st TEEN
UNL	Louis McGuire	OPEN/MASTER	705	465	575	1745	1st OPEN
Mast. 45-49 record	Rich Sadowski	OPEN/MASTER	525	295	585	1405	2nd OPEN